

The Gourdess Groove



Who or what is a Gourdess?

I'm the gal next door who happens to be madly in love with her life. I also have this unquenchable thirst to create and my favorite medium is *dried gourds*. I like to write and uplift others too. In fact the combination of writing and creating with gourds has enhanced my ongoing journey of self-discovery. Each of us has something wonderful to contribute to the fabric of life.

I didn't always think this way. I'd get glimpses and snatches of the feeling. Come to think of it, it wasn't that long ago when my journey into conscious deliberate living began. Three years ago, I would never ever in a million jillion years have coupled "artist", "writer" or "entrepreneur" with my name. I did notice that the small still voice inside was getting louder to the point of shouting at me to pay attention. I started to look at my life and ask "*Why am I here?*" Being a stay-at-home mother, cleaning, washing dishes, laundry and chasing those prolific dust bunnies wasn't enough. What do I want? What am I good at? What makes me happy? What can I offer others?

Through this process of asking, the people, the situations, books and the tools started to appear. And the journey to finding one of my life's purposes arrived in the form of a gourd. I really think my broader perspective has a rather quirky sense of humor.

I was selling dream pillows at a show in Michigan. A friend of mine brought something called "**Gourd Woman**" to sell. She explained it was time to find her a new home. I couldn't keep away. She drew me in with her simple primal persona. The crazy thought of "*Gourdesses, I can make Gourdesses!*" kept popping in my head. She seemed to whisper of new paths to



discover and that something magnificent was underway. And though I could not see how or what, I sure could feel it. Gourd Woman had found her new home and the Domestic Gourdess was born.

For the first time in a very long time I felt I had direction and purpose. There was a delicious fire in my belly. I hadn't a clue where it would take me or how it would evolve. Would people like them? Do I really have artistic talent? Am I good enough?

And oh boy there were moments where I wanted to give up and chuck the whole thing down the drain. Instead of doing that, I decided to ask myself two questions. "How does it feel to quit?" and "How does it feel to keep going?"

To quit left me feeling dead and withered. To keep going I felt a fiery phoenix rise within my heart filling me with joy and purpose. In that intense moment of reclaiming my power, I would shout to the Universe that there was *no* way, *no* how I was going to let *anyone* tell me (including myself) that I can't, and/or shouldn't follow my dreams. Yeah Baby! I'm all that and a bag of chips too!

I have learned to appreciate and value those moments of powerlessness instead of beating myself up over them. The clarity gained is priceless. I must do what calls me forward even when it feels a bit awkward. Those awkward moments are simply a case of the expansion jitters. I've become what I was dreaming of only moments before. Keeping my focus on following and living my dream causes whatever I want to do or have to show up in the most astounding and surprising ways.

I make a conscious decision every day to enjoy each moment that unfolds to the best of my ability. I look for the treasure and clarity within any contrasting situation instead of getting caught up in the contrast itself. That way of living and being as has caused my love of creating with gourds to expand in a direction I had never before considered. Each piece is a co-creation between Source energy, the gourd, and me. Tapping into a conscious energy I could feel, mold and play with gave birth to my latest creation, ***Turtle Mother***. That was new and I'm really excited to see where it takes me. When I'm finished creating, each piece is conditioned with love and Well-Being. They are made to remind you of who you really are as the creation process reminds me of who I really am.



Working with gourds is and has been as much of an inner-journey as for the pure fun of it. Our life is like the ultimate gourd creation. I've reached the point

where I'm done with gutting and cleaning on most aspects. Now, I'm designing, drawing, and painting my masterpiece. You have a masterpiece to create too. Are you creating your masterpiece or are you waiting for everything to line up just so? Are you waiting for something to happen before you let yourself live?

You don't have to wait for everything to line up in order to start living your dream. When you find your groove, the doors of the Universe will open wide and life dances with magic and miracles. You came here to create a masterpiece and it doesn't matter how long it takes. The creating, the discovery and the journey are what make us thrive.

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The Domestic Gourdess

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